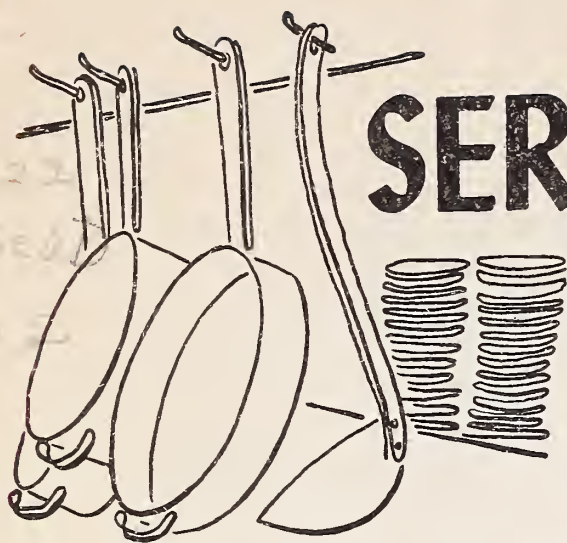


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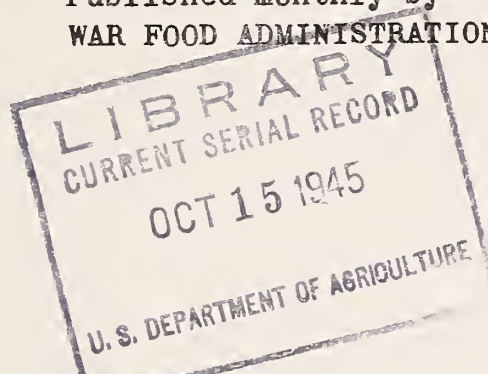
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SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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Dallas, Texas
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One of the ways to stretch your meat ration...now that most meat cuts are back on the ration list...is to use eggs as a meat alternate or as a meat extender. They're plentiful and nonrationed.

Eggs help to promote positive good health and should be included in the daily diet. They're rich in high nutritive quality protein and are a good source of iron in a form which is readily assimilated. They're also a relatively rich source of Vitamin B₂ and a good source of B₁, niacin, and Vitamin A.

EGGS AS ALTERNATES OR EXTENDERS FOR MEAT

When using eggs as alternates or meat extenders, it's important to have the dishes well flavored...served in adequate sized portions...and combined in an appetizing menu. Here are several suggestions:

- Creamed hard-cooked eggs on toast
- Eggs a la king
- Egg croquettes
- Egg cutlets
- Baked egg omelet. (This may be served with a variety of sauces, such as cheese, tomato, mushroom, or Spanish sauce, or may be accompanied by strips of crisp bacon or a small portion of fried ham.)
- Scrambled eggs
- Scrambled eggs with tomatoes
- Scrambled eggs with bits of cooked bacon
- Scrambled eggs with chopped ham
- Scalloped hard-cooked eggs with diced ham
- Scalloped hard-cooked eggs and green peas
- Egg souffle
- Cheese souffle

Ham souffle
Tuna fish souffle
Veal souffle
Spanish eggs (sliced hard-cooked eggs with Spanish sauce)
Western-style eggs are scrambled with green pepper,
minced onion and a little chopped ham. (They may be
served plain in a popular hot sandwich.)

MORE EGG DESSERTS ARE IN ORDER

Food managers who know the workers' food preferences are offering more of the many wholesome desserts made with eggs. Besides making a positive contribution to the food value of a meal, egg desserts offer the last course sweetness desired by most workers.

Try these suggestions for egg desserts:

Soft custard served over diced oranges
Apricot whip with custard sauce
Prune whip with custard sauce
Sponge cake
Jelly roll filled with jelly, marmalade, plain cream or
lemon cream filling
Boston cream pie (plain cake with cream filling or chocolate cream filling)
Meringue cream pies, such as butterscotch, chocolate, coconut and lemon
Chiffon pies made with frozen strawberries or raspberries are a flavor treat in midwinter
Baked custard
Baked caramel custard
Custard pie
Coconut custard pie
Soft custard

A FEW FACTS ON EGGS

Eggs need not be top-grade to be suitable for use in baking and in preparing other dishes.

In fact, pound for pound, middle grade eggs are as healthful as the top-grades when they're used in souffles, croquettes and desserts. Their taste is good, too, and they usually sell at lower prices than the higher grades.

As far as food value is concerned, it makes no difference whether the egg is white shelled or brown shelled. The quality is on the inside of the shell.

Here are two recipes for egg main dishes. The first is a meat extender, the second a meat alternate.

SCALLOPED HAM AND EGGS

Ingredients	Amounts	
	100 Portions	500 Portions
Diced cooked ham	8 pounds	40 pounds
Hard-cooked eggs, sliced	8 dozen	40 dozen
White sauce made with --		
Fat	1 lb-8 oz.	7 pounds
Flour	1 pound	5 pounds
Milk	2 gallons	10 gallons
Salt	2 ounces	10 ounces
Bread crumbs mixed with	2 pounds	10 pounds
Melted fat	8 ounces	2 pounds

Size of portion - 6 ounces

1. Fill greased baking pans with alternate layers of diced ham, sliced hard-cooked eggs and white sauce. Top with crumbs.
2. Bake in moderate oven at 350°F. for about 30 minutes until the crumbs are browned.

SPANISH OMELET

Ingredients	Amounts	
	100 Portions	500 Portions
Egg yolks	6 dozen	30 dozen
Egg whites	6 dozen	30 dozen
White sauce made with		
Fat	1 lb.-8 oz.	7 pounds
Flour	1 pound	5 pounds
Milk	2 gallons	10 gallons
Salt	2 ounces	10 ounces
Paprika	1 tablespoon	1 ounce
Spanish sauce made with		
Chopped onion	8 ounces	2 lbs.-8 oz.
Fat	8 ounces	2 pounds
Canned tomatoes	5 quarts	2-1/2 gals.
Diced celery	2 pounds	10 pounds
Green pepper, chopped	8 ounces	2 lbs.-8 oz.
Pimiento, chopped	8 ounces	2 lbs.-8 oz.
Salt	2 tblspns.	4 ounces
Pepper	1 teaspoon	1-1/2 tblspns.

Size of portion - 4 ounces omelet and 2 ounces sauce.

1. Beat the egg yolks until thick and lemon-colored.
2. Beat the whites until stiff but not dry.
3. Add the beaten egg yolks to the cooled white sauce, and mix well.
4. Fold in the beaten whites.
5. Fill greased baking pan two-thirds full.
6. Bake in moderate oven at 325°F. for about 50 minutes, or until well puffed and a delicate brown.
7. Cook the onion in fat until a light brown, add to the vegetables and simmer until all the vegetables are tender.
8. Cut omelet in squares and serve with Spanish sauce.

SEND FOR YOUR COPY

"Making the Most of Meats in Industrial Feeding" is a new publication just off the press and is available upon request.

If you wish a free copy of this pamphlet, send for it now by filling in the form below and returning it to War Food Administration, 425 Wilson Building, Dallas 1, Texas.

"MAKING THE MOST OF MEATS IN INDUSTRIAL FEEDING"

Fill out and return this form if you wish a copy

Plant Name _____

By (Title) _____

Address _____

Clip and send to War Food Administration, 425
Wilson Building, Dallas 1, Texas.

THE "BEST BUY" LIST

Each week War Food Administration makes a "spot check" of key southwest markets in Texas, Oklahoma, New Mexico, Arkansas, Louisiana, Colorado, and Kansas to find out what fruits and vegetables are comparatively abundant, relatively low priced, and in need of continued consumption. This is the "Best Buy" list.

Most food bargain counters are now featuring cabbage, carrots, oranges, and grapefruit. Some markets still report Irish potatoes, apples, and lettuce plentiful. Use them and other plentiful fruits and vegetables often when planning menus.

Other "Best Buys" at key markets include:

Arkansas	<u>Little Rock</u> :	Cabbage, carrots, lettuce, turnip greens, Texas oranges, grapefruit.
Colorado	<u>Denver</u> :	Cabbage, beets, carrots, cauliflower, lettuce, onions, rutabagas, spinach, oranges, grapefruit.
Kansas	<u>Topeka</u> :	Lettuce, cauliflower, apples, pears.
	<u>Wichita</u> :	Cabbage, carrots, lettuce, apples, celery, onions, citrus fruits, Irish and sweet potatoes.
Louisiana	<u>Baton Rouge</u> :	Cabbage, turnips, apples, carrots.
	<u>Shreveport</u> :	Cabbage, oranges, grapefruit, greens.
	<u>New Orleans</u> :	Lettuce, citrus fruits.
New Mexico	<u>Albuquerque</u> :	Onions, apples, cabbage, carrots, lettuce, Irish potatoes, sweet potatoes, grapefruit, oranges, celery.
	<u>Gallup and Santa Fe</u> :	
Oklahoma	<u>Oklahoma City</u> :	Apples, cabbage, lettuce, onions, oranges, grapefruit, Irish potatoes, sweet potatoes, turnips.
Texas	<u>Ft. Worth</u> :	Cabbage, carrots, beets, grapefruit, oranges, onions, spinach, rutabagas.
	<u>Houston</u> :	Turnips, lettuce, cabbage, carrots, oranges, grapefruit.